



# National Mental Health Month QUICK-GUIDE

A publication of the Center for Leadership Education in Maternal and Child Public Health



This is one of 50+ "Quick-Guides" created to help you take advantage of national health observances. It can help you guide your maternal and child health promotion efforts, especially when using social media. Most messages, materials, and facts can be adapted to fit many audiences.

For other Quick-Guides, visit: [z.umn.edu/qguides](http://z.umn.edu/qguides)

## Social Media

Social media can be a great tool for finding up-to-date resources and facts. Follow leading organizations to see what they are doing, share their posts, and join in national chats.

One of the easiest ways to find more resources is to search the hashtag for this observance. This can be done on almost all social media networks. Include it in any posts you create.

Please share this Quick-Guide and tag **@UMN\_MCH!**

### Hashtag

- #B4Stage4
- #4mind4body
- #MHM18

### Facebook

- NAMI
- SAMHSA
- Mental Health America
- National Federation of Families for Children's Mental Health

### Twitter

- @B4Stage4
- @MentalHealthAm

### Instagram

- @namicomunicate
- @mentalhealthamerica

### YouTube

- NAMI
- SAMHSA

## Print, Post, or Share

If available, use logos or other graphics to enhance your posts, emails, or websites. Visuals help catch people's attention and often have higher engagement numbers.

Use available facts from these organizations to create quick and easy posts for social media or a newsletter. Many also provide templates for press releases and other modes of communication.

### Mental Health America

Mental Health Month Toolkit  
Finding Help

Mental Health Screening Tools  
Current Legislation

### Sample Tweets/Posts

Take the #4mind4body challenge to increase your mental and physical wellness in celebration of #MentalHealthMonth!  
[bit.ly/MHChallenge](http://bit.ly/MHChallenge)

#DYK yoga is one of the most effective forms of exercise for people with #schizophrenia? Learn more about the brain-body connection #4mind4body this month! [Bit.ly/MayMH](http://Bit.ly/MayMH)

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